

June 22, 2005

Today is Wellness Wednesday!

Lunch and Learn: Protect your back from injury

The Lunch and Learn session scheduled for today, Wed., June 22, will feature information on protecting yourself from back injury. The session begins at noon in the CHR Building cafeteria.



If you've ever had a back injury or back pain, you'll want to attend Wednesday's Lunch and Learn session. The Lunch and Learn featured speaker will be CHFS' own Sandra Brock, executive officer for human services. Brock is a licensed occupational therapist who will provide information on injury prevention as well as tips on how to keep your back healthy and strong.

Lunch and Learn is sponsored by the Cabinet's wellness committee.

Keep watching Focus on Wellness for more Lunch and Learn announcements, as well as tips and information from previous speakers. Sessions will be held weekly throughout June.

Get Moving CHFS! Measuring our success

Sea Sixers sail through Get Moving! and make life changes

The team's captain, Lesley Brown, is very proud of her Get Moving CHFS! team. The Sea Sixers are named for their office unit within Disability Determination Services – C6. Brown's team members include Vicky Broomall, Jonathan Garrison, Michael Hamilton and Lee Miller.



Photo by Robert Martin

The Sea Sixers' office is located on Athletic Drive in Frankfort. "Lee and Jonathan walk the hill near our office every day, plus they lift weights at home," said Brown. Hamilton goes to the YMCA three times a week, does aerobics and gardens when the weather permits. Broomall walks her three dogs regularly, participates in step aerobics and often walks on the state Capitol grounds.

Brown says that she has changed her diet and her life. Instead of eating junk food at work, she eats fresh fruit and vegetables. She has even inspired change in her friends. Brown walks two miles each day and is taking an aerobics class with her daughter. Not only has Brown changed her diet and exercise routines, but she also quit smoking – which had been a 12-year habit.

Combined, the Sea Sixers have lost more than 50 pounds and say they feel and look better.

Way to go, Sea Sixers!

Focus on Wellness would like to hear how Get Moving CHFS! has changed your life. If you or your Get Moving! team has a success story to share, send information to Patricia Boler at patricia.boler@ky.gov.

Get Moving CHFS! Celebration of Success update: Teams, individuals recognized

Photo by Robert Martin

At right, Secretary Holsinger speaks about the Get Moving CHFS! program at the Celebration of Success



On Thursday, June 9, Cabinet Secretary James W. Holsinger Jr., M.D., recognized participating teams and individuals for their outstanding efforts during the Get Moving CHFS! program. Below you will find the names of those recognized during the Get Moving CHFS! Celebrate of Success.

Most Creative Team Name: "Sole Impact" - Team Captain: Gail Yocum

Teams with the Highest Number of PAMs (Top Ten)

1. **4 for 420** - Team Captain: Trish Wigglesworth
2. **Ache Hillies** - Team Captain: Marvin Miller
3. **Charlie's Angels** - Team Captain: Colby Wagoner
4. **Unbridled Athletes** - Team Captain: Elizabeth Davis
5. **ETNZ** - Team Captain: Nellie Coleman
6. **No Cents** - Team Captain: Margaret Wahrer
7. **Movers & Shakers** - Team Captain: Lori Zemla
8. **OIT Healthy Systems** - Team Captain: Firas Hamza
9. **Fab Four** - Team Captain: Martie Kupchinsky
10. **The Olympic Hopefuls** - Team Captain: Angela Gould

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CHFS Spirit Awards

At right, Janis Lunsford of MHMR, accepts a CHFS Spirit Award from First Lady Glenna Fletcher.



Photo by Robert Martin

Each of these individuals was nominated by a team member who was touched and inspired by the commitment and courage of the nominees:

Patricia Boler
Leslie Brown
Michael Cornwall
Shirley Herald
Janice Lunsford
Jack Phipps
Kalin Ramsey
Tom Seacat
Sarah Smith
Rosalie Summers

Soy can be healthy addition to diet

By Anya Armes Weber

At right: Mature soybeans, sitting within their pod.

A staple of the Asian diet, soy long has been a chief component of the vegetarian diet, too. Now it's gaining popularity among people and families looking to include healthy alternatives in their diet.



A good source of protein, soy also has been shown to lower cholesterol, promote heart health and prevent cancer.

Soy beans are a rich source of calcium, iron, zinc, B vitamins, omega 3 fatty acids and fiber, and soy is the only vegetable source of all essential amino acids – typically consumed in meat, fish, dairy products and eggs.

A recent University of Kentucky study demonstrates that eating three or more servings of soy a day can aid in weight loss.

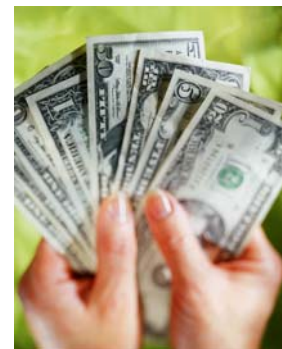
Soy products are becoming more widely available in grocery stores as alternatives to milk and dairy items, meats and even as snacks like nuts, crackers and chips.

Soy is already an ingredient in many prepared products. If you want to sample soy slowly, try soy margarine spread. It's missing the fatty, hydrogenated oils in regular margarine and tastes just as good.

How do you spend \$1,176?

Provided by the CHFS Tobacco Prevention and Cessation Program

Nearly everyone loses track of where his/her money goes; a cup of coffee here, a soda there. Without much effort we can rob ourselves of valuable resources - resources that could be used on a week's vacation, a new TV, a house or car payment.



The average price of a pack of cigarettes is now \$3.50. A pack-a-day smoker spends \$24.50 each week on cigarettes. In a month that smoker will spend \$98. At the end of one year, smoking one pack of cigarettes a day will cost the smoker \$1,176 – not including lighters, cigarette cases, dry cleaning to remove smoke odors and the days when more than one pack is smoked.

That's a big chunk of change!

If you're thinking there's a better way to spend your money and you would like to quit smoking, we'd like to help.

The Cooper/Clayton Method to Stop Smoking program will begin July 8. Watch Focus on Wellness for more information. There will also be signs posted throughout the CHR Building with information on class times and nicotine patches.

Team eating! What a concept!

5 A Day Challenge focus on nutrition begins July 5

The 5 A Day program was launched as a national nutrition campaign in 1991 to encourage increased consumption of fruits and vegetables as a way to fight disease and help

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improve overall health and well being. Sponsored by Produce for Better Health and the National Cancer Institute, the program challenges participants to eat at least five servings of fruits and vegetables a day as part of a healthy diet. The current national daily recommendation is for people to consume 5-9 servings a day.

The Cabinet for Health and Family Services has adopted the 5 A Day Challenge as the focus activity for the next phase of our worksite health and wellness promotion. The nutrition program will kick off July 5.



“We hope the concept of team eating will be too tempting a challenge for people to ignore,” said Emma Walters, chairwoman of the worksite wellness nutrition subcommittee.

The Cabinet’s emphasis on nutrition follows an eight-week physical activity program that, by all accounts, was a great success.

By adding good nutrition to a lifestyle that already includes regular, vigorous physical activity, 5 A Day Challenge participants will have conquered two of the most detrimental barriers to good health: inactivity and poor nutrition.

Like Get Moving CHFS!, the CHFS 5 A Day Challenge will take a team approach. Teams of four will record their fruit and vegetable intake over five weeks and those who achieve the 5 A Day goal will be eligible for prize drawings.

Serving size and portion control are very important aspects of this program, Walters said. Not everyone realizes exactly what constitutes a serving size, as determined by federal Food and Drug Administration standards. Current standards can be complicated, so the CHFS 5 A Day program will offer information including easy-to-follow serving size guidelines and comparisons to familiar objects to help participants judge serving sizes as closely as possible without having to measure and weigh their food.

Numerous benefits are associated with increasing your intake of fruits and vegetables to at least five servings a day. Eating more fruit and vegetables may reduce the risk for cancer, cardiovascular disease, stroke, hypertension, birth defects, Alzheimer’s disease, cataracts, diverticulosis, diabetes and osteoporosis.

Fruits and vegetables are low in fat and calories and contain fiber, so eating more of them may help you lose weight or maintain a healthy weight. These foods are also full of vitamins, minerals and phytochemicals, all essential to good health. Eating from five to nine servings of fruit and vegetables a day may even help protect against and slow down some of the effects of aging.

“The goal of the CHFS 5 A Day program is to educate ourselves about the enormous value fruits and vegetables have as part of a healthy lifestyle,” Walters said. “We hope more people will eat more fruits and vegetables as a result of this program, perhaps even replace some less-healthy foods with more healthy choices and, ultimately, feel better for it.”

Walters said she hopes CHFS employees will start thinking now about the 5 A Day program and make up their minds to both participate and succeed at this challenge.

“It’s not too early to talk to coworkers about forming teams,” she said. “Find three other enthusiastic team members who are also willing to accept the challenge and start training now by enjoying the bounty of fresh fruits and vegetables currently in season.”

Keep reading Focus on Wellness for more news on the CHFS 5 A Day Challenge launch as well as other health and wellness activities during the interim period leading up to the 5 A Day Challenge.